



CLCF Summer Showdown

- Location** Cranston West Track, 80 Metropolitan Ave, Cranston, RI 02920.
Part of Cranston West High School campus.
- Date** July 17,2021
- Start Time** 9 AM
- Age Groups** 5-6, 7-8, 9-10, 11-12, 13-14, 15-16,17-18
- Age groups based on age as of the meet day.**
- For relay only-there will be a boys, girls and mixed group per age group.
- Registration** Early registration is from April 1, 2021 to July 10, 2021-\$25, \$15, only for ages 5-6, (online only) [Coacho.com](https://www.coach.com)
- No day of registration.
- The scratch period ends 45 minutes before the first even Saturday July 17-8:15 am.
- All athletes must have a completed and signed waiver(it is part of the registration) either emailed to the meet director as one team or physically handed in at packet pick up. Here is the waiver in case a coach wants to print up the waivers for his team for completion.
- [Waiver](#)
- Registration changes** Any changes to an athlete's event, will cost \$20 per event change on the day of the meet.



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Events	<p>Saturday:100 Meter, 200 Meter, 400 Meter, 800 Meter, 1500 Meters, 3000 Meter, 50-80-100 Meter Hurdles, Standing Long Jump, Long Jump, Hammer Throw, High Jump, Shot Put, Discus, Pole Vault, Triple Jump, Softball Toss, Javelin</p> <p>Relay-Sprint Medley Relay (100,100,200,400) and Distance Medley Relay (1200,400,800, 1600)</p>
Athlete's Events	<p>Athletes ages 5-6 can do a max of 3 events(any combination of running and field). Athletes ages 7-18 can do a max of 4 events(any combination of running and field).</p>
Sanction	<p>USATF</p>
Timing	<p>In Stride Timing will provide FAT. They will also provide live results through Milesplit. The link will be provided prior to the start of the meet.</p>
COVID Protocols	<p>CLCF will follow all local and state health COVID guidelines in regards to youth sports. These rules are subject to change as COVID policy evolves. This section will be updated as appropriate when information is dispersed by health officials.</p>
Event Awards	<p>Individual Events 1st– 6th Place – Ribbons</p> <p>Relay– Ribbons to top the individuals on the top three teams that finish.</p>



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Team Scoring Individual events scoring: 1st – 10, 2nd – 8, 3rd – 6, 4th – 4, 5th – 2, 6th – 1

Heat finishes do not score points.

Relay scoring-1st – 5, 2nd – 3, 3rd – 1

Affiliation An athlete who enters with a club affiliation may not change to another club during the meet. Clubs may not combine together in the scoring.

Online Registration Coach-O.com

Schedule Times are approximate on the provided schedule. Running events can run up to 20 minutes ahead of time to help expedite the meet.

Event Conflicts Athletes at field events should notify the field event official if they have to leave to check in and/or compete at a running event. If an athlete misses an attempt at a field event (or height for high jump), the field event official may, at their discretion, provide accommodation if it does not disrupt the logistics and time schedule of the event.

Protests Any protests need to be submitted within 30 minutes of completion of an event. The cost is \$100 cash to protest an event result. The event official and meet director will make a decision based on the information they have in front of them.

Runner Numbers Runner numbers should be placed on the front of the jersey. Hip numbers should be placed on the left hip and left chest as applicable.



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- Spikes** Track spikes are allowed with ¼” spike length.
- Sections** Some races could be combined if races are not full. Races will be combined with the same gender and follow racing safety protocols. Runners will only score against opponents in their age group when in a mixed section.
- Sprints** Starting blocks will be provided for the 100, 200, 400, hurdles, and relay races for ages 13+. They are optional for any athlete 13+.
- Relays-
Running** All runners and athletes must be from the same team. There will be a female, male and mixed group. The mixed group will be coed. Athletes may run up one age group if needed to fill a spot or to get an athlete into a relay.
- Athletes may not run up in the shuttle hurdle relay due to the varying heights of the race.
- Batons will be provided to any team that does not have their own. Finals are based on times.
- Jumps** Long and triple jump will be given 4 jumps and the winner declared from the best of those jumps.
- The standing long jump will be given 3 jumps and the winner declared from the best of those jumps.
- High Jump will be the standard 3 attempts per height.



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Throws Each throwing event will be given 4 throws and the winner will be declared from the best of those throws. It is preferable that each athlete bring their own implement for the throwing events for safety and health reasons. There will be a limited number available for those athletes that do not have their own.

The softball toss will be given 3 throws and the winner will be declared from the best of those throws.

T Shirts There will be a limited number of CLCF Summer Showdown t-shirts for sale. The cost will be \$20, will be offered in three colors-green, gold and white and will be available for preorder in registration as well as at the meet itself. [Shirt Preview](#)

Results Live results will be posted through a provided link through Milesplit. Final results will be posted on Athletic.net.

First Aid There will be a medical tent on the infield with trained medical personnel.

Rest rooms There are restrooms but no changing facilities.

Hotels There are numerous hotels that are less than 20 minutes away from the track. Here is one hotel that is 12 minutes away. [Hyatt](#)

Additional Information Contact Frank Notarianni at clcctrackandfield@gmail.com See our web site at clcctrack.com As a last resort, call the meet director at 401-648-0400.

7/9/21